

## Dexter High School Ironman Awards

Ironman Bench Press Award	2002	2003	2004	2005	2006
<b>Gold Level (10x Body Weight)</b>					
	Mike O'Keefe Jr	Justin Pisano	Nick Bensinger	John Webber	Clark Baker
	David Birmingham	Scott Chevalier	Travis Bourdon	John Parker	Matt Janos
	Tony Shuck	Matt Gilman	Scott Baty	Alex Kerr	Thomas Endler
	Wayne Huber		John Smart	Justin Macksym	Adam Cares
	Matt Keller		Joe Spurr	Matt Gillman	Steve Henes
	Ben Howison		Rick Howell	Scott Chevalier	Josh Abbott
	Jason France		Corey Beneke		
	Keith Davey		Jared Westwood		
	Jeff Marsh				
<b>Maroon Level (5x Body Weight)</b>					
	Rick Howell	Scott Baty	Bill Burgett	Matt Janos	Steven Briggs
	Travis Bourdon	Ryan Donahue	David Ager	Pat Farrell	James Bell
	Ben Reynolds	Jusgtin Maksym	Mike Little	Steve Henes	Tim Henes
	Matt Gibson		Alex Kerr	John Webber	Ty Boik
	Andy Muchmore		Jon Flowers	Thomas Endler	Jon Lamb
	Chip Reynolds		John Parker	Charlie Hunt	Andrew Klinkman
				Adam Cares	
				Brian Hubbard	
				Jacob Stoll	
				Chris Trinkle	
				John Smart	
				Noah Hiser	
				Tanner Boyd	
				Matt Gucker	
<b>Ironman Squat Award</b>				Steve Mertz	
<b>Gold Level - 400 lbs</b>					
				Scott Chevalier	Mike Verbal
				Corey Beneke	
<b>Maroon Level - 325 lbs</b>					
			Mike O'Keefe Jr		Thomas Endler
			Andy Harris		Patrick Farrell
			John Smart		Jon Lamb
			Jared Westwood		Ty Boik
			Matt Endler		Brian Hubbard
			Alex Kerr		Steve Henes
			Corey Beneke		Colin McAweeney
			John Parker		
			Scott Chevalier		
<b>300 lb Club (bench press 300+ lbs)</b>					
	Mike Neckel		Nick Bensinger	John Smart	
			Mike O'Keefe Jr	Jared Westwood	
			John Smart		
<b>Powerlifting Competition</b>					
<b>Traverse City</b>					
<b>1st Place</b>		Scott Chevalier			
<b>2nd Place</b>		Justin Pisano			
<b>Grass Lake</b>					
<b>1st Place</b>		Bryce Wandyg			
<b>2nd Place</b>		Matt Gibson			
		Tony Shuck			
		John Smart			
<b>3rd Place</b>		Jared Westwood			